

The Senior Profile



Freetown Council on Aging - 227 Chace Road - East Freetown, MA 02717-1008
Office hours: Monday thru Thursday 8:00 AM to 4:00 PM, Friday 7:30 AM to 10:30 AM
Close at 12:00 PM on Tuesday, July 3rd, Closed Wednesday, July 4th for Independence Day
Telephone: 508-763-9557, Fax: 508-763-9084, E-mail: COA@freetownma.gov

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The Council on Aging's purpose is to help and serve seniors. There is no membership.
Everyone is invited to participate in all activities at the senior center. Come by and enjoy!

Brown Bag Program Wednesday, July 25th

From 10:30 AM to 12:00 PM
At the front of the building

"**Brown Bag**" distribution will be held at the Freetown Council on Aging. You must be 60 years of age or older. Recipients must be low income, as measured by participation in (or eligibility for) at least one other program in which proof of income has been demonstrated. This includes elders who are eligible for SSI, Medicaid, Fuel Assistance and Food Stamps, OR your gross household income is at or below the guidelines listed.

1 person	\$1,860 per month
2 people	\$2,504 per month
3 people	\$3,149 per month
4 people	\$3,793 per month

For questions call 508-763-9557.

We will deliver the brown bag if you cannot pick it up. If not picked up by Thursday, we will donate it.

New Class!

Strength With Dyna-Bands
Fridays, 9:15 AM to 9:45 AM

30 minute class, \$3.00 Donation requested

Get strong with certified group Fitness Instructor, Ellie Higgins. Work all muscles-upper and lower body-using Dyna-Bands. Ellie will provide the bands. Includes Balance and body weight exercise. Some seated some standing, for weight bearing-important for bone strength.

Seated Massage

NO Massage July 23rd!

Mondays, 9:30 AM at the COA, please call the COA for an appointment. \$5.00 donation requested for 15 minutes.

Freetown Senior Birthday Party Cookout

On Thursday, July 12th, at 12:00 PM, we will be having our Cookout/Birthday Party for seniors of Freetown. Stop & Shop associates will be here to cook for the seniors of Freetown. RSVP by Thursday, July 5th

Cyd's Lunch: Tuesdays at 11:30 AM

July 17th, Pork loin

RSVP and \$7.00 due by July 10th

July 31st, Salisbury steak

RSVP and \$7.00 due by July 17th

Mass. Audiology

Wednesday, July 11th, 9:30 AM

Mass. Audiology, Personal Hearing Systems will be at the COA to screen seniors. They will check your air canal for wax buildup and screen them for hearing loss with an audiometer. The screening takes about 10 minutes. Seniors who already have hearing aids, can check them, replace the batteries and answer any questions that they may have. Please call the COA to make your appointment. Please RSVP by July 5th.

Submitted by Kristine Terry, Mass. Audiology



Spaghetti Dinner

Sponsored by Freetown VFW Post 6643 and "The Friends of the VFW", this is an all you can eat pasta meal on Thursday, July 12th from 5:00 PM to 7:00 PM. \$7.00 PP, 70+ \$5.00 PP, 90+ free. We have raffles and door prizes. We are serving the community.

Submitted By Bruce Wilbur

Parkinson's Support Group

Our next meeting will be held on Thursday, July 12th, at Dartmouth Council on Aging, 628 Dartmouth St, Dartmouth. Please call Miles Molnan at 508-997-0907 for reservations and any questions. Please join us!

SHINE Counselor

Serving the Health Insurance Needs of Everyone
Our SHINE Volunteer, Dick Kelley, will be here Mondays, July 9th and 23rd, at 12:30 PM. Please call the COA for an appointment

Senator and Representatives

Representative Carole Fiola will be here Monday, July 2nd, from 10:00 AM to 11:00 AM
Representative Paul Schmid will be here Monday, July 2nd, from 10:30 AM to 11:30 AM
Senator Michael Rodrigues will be here Wednesday, July 25th, from 9:30 AM to 11:30 AM

Pool Table

Mondays, 9:00 AM

Knitting and Crocheting Club

Mondays, 10:00 AM to 12:00 PM,
Bring your own supplies. Please call the Senior Center if you would like to attend.

Ice Cream Social

Mondays, 1:00 PM

Come on in and have a cool and refreshing ice cream sundae. Choose your own toppings!

Card Games-Pitch

Mondays, 1:00 PM to 3:00 PM

BINGO

NO Bingo July 3rd

Tuesdays, 12:45 PM to 3:00 PM, The license for bingo requires that you be at least 60 years old to play

****GOLD**SILVER**PLATINUM****

Marc Folco will hold a **gold buying event** at the Freetown Senior Center on Tuesday, July 17th, from 11:00 AM to 1:00 PM. **anyone can attend!** A portion of the proceeds will be donated to the senior center. Please call the COA for further information.

Painting Class

See you in September

Line Dancing

Wednesdays, 9:30 AM at the Freetown VFW
Lessons \$2.00 per person, all ages are welcome.

Meat Bingo Game

Wednesday, July 18th at 12:30 PM. Cost is 2 cards for \$5.00. **You must call and pay your \$5.00 required donation to reserve a seat by Friday, July 13th**, win a Bingo; you can go and choose a tray of meat. The meat packages will consist of smaller portions perfect for one or two people.

Blood Pressure

Wednesday, July 25th, 10:30 AM

Scrabble

Thursdays, 12:30 PM

The Freetown Senior Club

See you in September

Yoga

Fridays, 10:00 AM, using a mat
Your first class is free. Classes are a \$5.00 suggested donation. Come on in and try our classes.

Kanakis Produce

Discount on Fruit and Vegetables

Fridays, 10:30 AM

Podiatrist

The Foot Doctor will be here Monday, July 9th, at 9:30 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**

Veterans Agent

Bob Klevecka is our Veterans Agent. If you need his services, please call 508-763-3190, Monday thru Thursday, 9:00 AM to 3:30 PM

VAN SCHEDULING

The van runs every **Monday, Tuesday, Wednesday and Thursday**. Please call the COA at 508-763-9557 for further information. We must have at least a 48 hour notice for the van.

In order to be more efficient with the van when you call in, please have the exact **name, address and phone number** of your destination and if you need the wheelchair lift. We can no longer schedule without this information. Thank you in advance for your cooperation.

Country Travelers Trips in 2018

July 19, 2018-Thursday-Boston Harbor Luncheon Cruise

August 3-10, 2018-The Azores—the island of Sao Miguel

August 14, 2018-Tuesday-Aqua Turf, Plantsville, CT, Lunch and show

ALL above trips leave from the backside of Hampton Inn (Next door to White's Restaurant) far side near tennis courts. If enough people register from this area, they will make the Senior Center a pick up destination. Any info please call Veronica Beaulieu at 508-636-4889.
Submitted by Judy Emond



It's tea time! Join us for a tea party social. Light refreshments will be served. Bring a friend, or, maybe, make some new ones. Bring your favorite tea cup; we will have some here also! Thursday, July 26th at 11:00 AM, Please RSVP by July 19th

FREETOWN COUNCIL ON AGING
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Lakeville Arts and Crafts Trips

Here are some trips from the Lakeville COA. If you need further information please call the Freetown COA-we have flyers-or Lori at Lakeville COA-508-947-7224.

July 17, 2018, Tuesday, Block Island & The National Hotel with Point Judith Ferry-\$104.00 PP

August 23, 2018, Thursday, Lobster Bake & Cape Ann/Gloucester Visit-\$94.00 PP

September 26-28, 2018, Wednesday-Friday, 3 Days/2 Nights Penn. Dutch & Amish-\$469.00 PP/Double

October 12, 2018, Friday, Sweets, Treats & Foliage in New Hampshire-\$84.00 PP

Directors Note

We would like to thank our Council on Aging Board for all their help and guidance. All of them volunteer many hours and we appreciate every one of them for the expertise to this department.

